

**Cinnamon Walnut Granola***Preparation time: 5 minutes**Cooking time: 35 minutes**Yield: 25 - 1/2 cup servings*

Here's another contribution from Joanne Shearer. She's a real pro when it comes to cooking with flax! She mentions that you can add raisins or dates to the basic recipe for a little extra goodness.

7-1/2 cups old fashioned oatmeal

1 cup walnuts, chopped

1 cup shredded coconut

1/2 cup ground flaxseed

1/2 cup brown sugar

1/2 cup canola oil

1/2 cup honey

1/2 tablespoon cinnamon

1 tablespoon vanilla

1. Preheat oven to 275 F.
2. In mixer bowl, combine oats, coconut, nuts, and ground flaxseed.
3. In microwavable bowl, blend together brown sugar, oil, honey, cinnamon, and vanilla. Cook on high in microwave until mixture starts bubbling.
4. Pour over oat mixture and mix well.
5. Thinly spread on baking sheet.
6. Bake for 15 minutes. Stir, return to oven for additional 15 minutes or until oats are toasted.
7. Cool thoroughly. Store in airtight container.

Nutrition Information Per 1/2 Cup

Calories 233	Fat 11 g	Fiber 4 g
Carbohydrates 29 g	Omega-3 Fats 1483 mg	Calcium 30 mg
Protein 5 g	Cholesterol 0 mg	Sodium 14 mg